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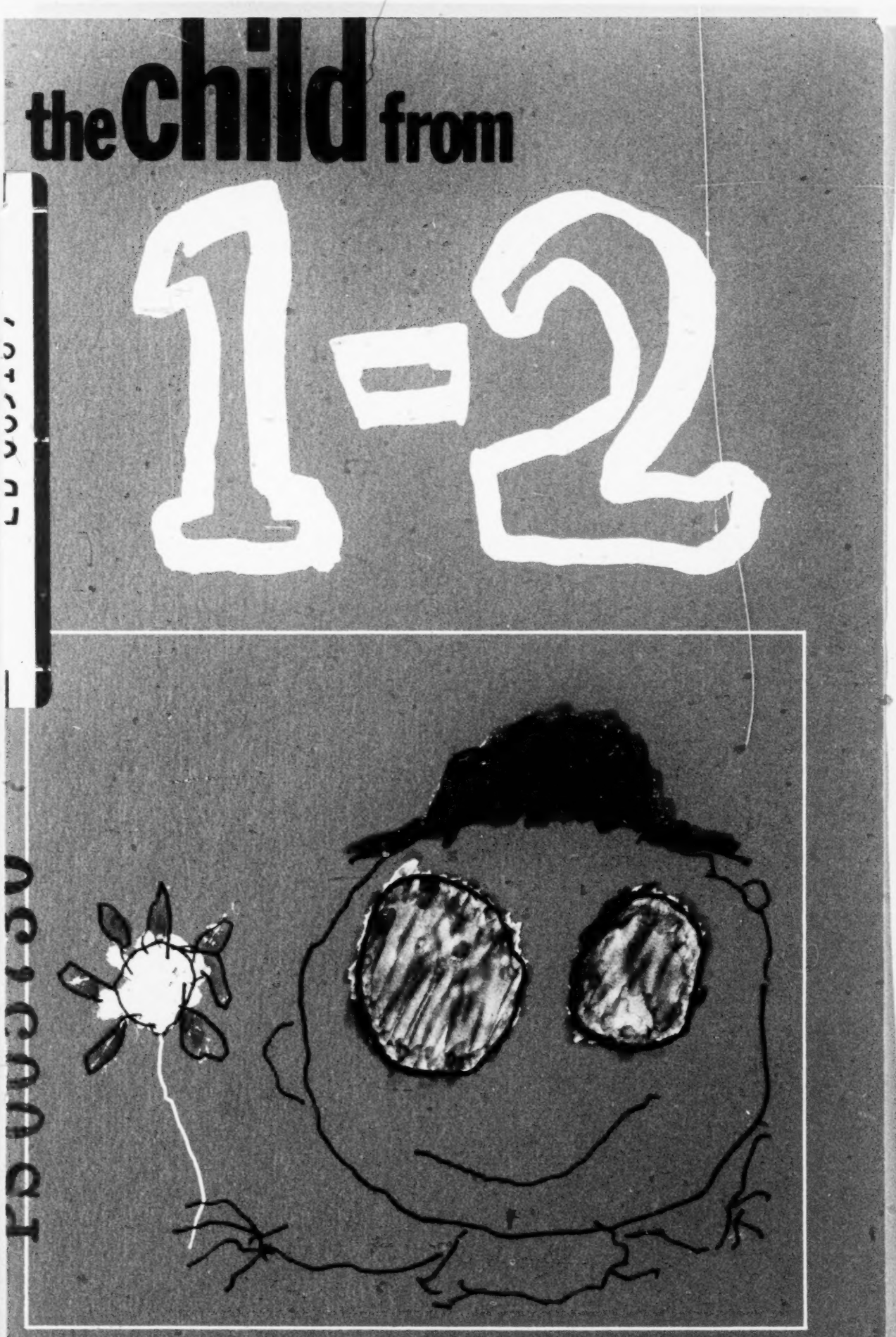
ABSTRACT

A description of a child's natural habits and characteristics during his second year is presented. Also given are suggestions for aiding his physical and mental development. (CK)

the Child from



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The child's second year is a great time for him and for you who live with him and care for him. From a tiny baby completely dependent on others for his care, he has grown rapidly in size and strength. He has become more interested in the world about him. He is now ready to begin to explore that world in earnest, and to show us that he has a mind and will of his own!

He becomes much more active

You can no longer put him down and expect him to be in the same spot even one second later! Nothing he can reach is safe from his grasp. He wants and needs a lot of freedom and the chance to exercise and develop his physical capacities.

This makes more work for you, but for the baby it is good. He needs all the opportunity you can give him to explore all kinds of objects and places and spaces and to get acquainted with the world around him. Don't keep him in the playpen or walker or chair except for short periods of time. You will make both his life and yours easier if you simply put precious things where he can't reach them.

His world broadens

He enjoys being outdoors. He likes to ride in his carriage or stroller, and to be taken for a ride in the car. He loves to be with people, especially other children. It is good to take him for short visits to other homes, but the child at this age may be shy with strangers and should not be forced to be friendly before he is ready.

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the child from 1-2

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He is getting ready to walk

Most babies learn to walk between 12 and 15 months. A few will begin as early as 9 months, and a few will not begin until 18 months or even later. You don't need to teach your baby to walk. When he is ready, he will start on his own. Once he starts to walk, give him every chance. Don't carry him unless he wants you to, but don't let him get overtired either. On shopping trips, or when you haven't the time to walk at his speed, it is better to use a stroller than to let him get overtired or try to hurry him.

He needs to be protected from harm

Whether he creeps, crawls, stands or walks, never forget that the baby at this age can move like lightning. Always have him where you can look after him and keep him from harm. Now is the time to *accident-proof* your home. Read the section on accident-proofing in the back of this bulletin.

His health needs medical supervision

During the baby's second year, *regular* visits to the doctor are important. The doctor will watch the baby's development, especially his legs, ankles, and feet, and advise you about any conditions that need to be corrected. Ask your child's doctor about the need for shoes at this age.

You should also talk over with your child's doctor the kinds of symptoms or conditions which mean that you need to consult the doctor immediately.

Even in the most careful households, accidents can happen. Parents of young children should keep handy a First Aid Kit and a Handbook on First Aid, including a chart listing poisons and antidotes and what to do if a child swallows one of these poisons.

Your doctor can recommend a good First Aid Manual. You may also wish to ask your Public Health Office for a copy of the free booklet, *What To Do When A K[illegible]i Is Hurt,* published by the Hawaii State Health Department.

He is getting ready to talk

Some children can say a few words before they are about a year old, but most do not *really talk* until about 18 months or older. It is important that you talk to your child. He enjoys it, and it encourages and helps him to learn to talk.

Talk to him often. Do not use *baby talk.* Use short sentences and simple words and speak distinctly. Remember that a child often can understand your meaning before he is able to respond to you in language you can understand.

When he does begin to talk, show your pleasure. Listen to him and answer him. Never make fun of a child when he mispronounces words, uses wrong words, or stutters or stammers.

Picturebooks and magazines can help him learn

He likes to sit beside you or on your lap and look at brightly colored pictures in books or magazines. Use these opportunities to help him learn. Point to the objects in the pictures and say their names aloud to him . . . e. g., *horse, airplane, car,* etc.

He is learning to play

The one-year-old likes to be near other children and watch them. but he does not necessarily play *with* them. Don't try to make children this age play together–this will come naturally when they are ready for it.

And don't expect the child at this age to share his toys. This, too, will come later. When another child is present, have plenty of toys at hand, so each one has interesting things to play with.

For a child this age, toys are things to keep, things for action, and things to explore. Give him things that help him develop a sense of discovery–spaces to be filled, such as hollow blocks, simple forms he can pile up and knock over, toys with wheels that turn, toys he can push and pull and carry, toys he can bang and pound and make interesting noises with, safe things to throw.

His toys should be simple, sturdy objects that are not easily damaged or broken, or that can easily be replaced. Some of the things he will like best to play with are the everyday items you have around the house–empty cartons, an old handbag that he can put things in and carry around with him, unbreakable pans and cups, and old magazines he can look at and tear up.

Choose safe toys, too–no sharp edges or points, no small parts that can come off and be swallowed, nothing that will hurt him if he sucks or chews on it. Be especially careful that painted items he plays with or chews on are painted with lead-free paint.

Children this age love to be outdoors where they can feel sand and mud with their hands and feet, and they love to play with and in water. Remember never to leave a child this age unattended in

or near water, no matter how shallow it is.

TV watching should be limited

It can be a great temptation to use the television as a substitute for a playmate or babysitter. This is bad practice. A child of this age needs active play and fresh air and he needs to do things with other children and with adults. His television viewing should be for short periods and should be strictly limited to programs you want him to see. Avoid programs that include violence.

He may have new fears

At this age a child may be frightened by loud noises or things that move suddenly. He may become especially shy of strangers. Sometimes a child this age is afraid of water and will even resist playing in a shallow pool or at the water's edge at the beach. Or he may become afraid of his bath, perhaps because he feels unsteady in the water or because soap got in his eyes. If this becomes a real problem, try giving him sponge baths for a while.

Give him time to get used to whatever it is that frightens him. When he shows signs of fear, comfort him and let him know he is safe with you and everything is all right.

Eating should be fun

Keep your child's mealtime pleasant and relaxed and try to make the setting attractive. If possible, have him eat his meals with the family.

At about 12 to 15 months, most babies want to begin feeding themselves. At this age your child is too young for you to worry about manners. The important thing is for him to have a good diet and to enjoy eating.

Serve small portions and let him eat with his fingers when he wants to. Give him a small, short-handled spoon or fork with blunt points. It is easier for a child this age to feed himself with a spoon or fork from a bowl-shaped plate than from a flat one. His cup should have a wide handle large enough for him to get his whole hand through. A small cup or glass is best. It will not be heavy for him to lift, and also so there will be less to spill!

Remember too, that appetites decrease at this age. Feeding problems can start if a child is forced or urged to take more than he wants of any food, including milk. He will eat as much as he needs as long as he is feeling well and is offered a balanced diet of simple, easy-to-eat foods. Young children enjoy variety in the texture of

their food just as we do. Provide something crisp and something chewy in his daily diet.

Introduce new foods one at a time, in very small portions, along with familiar foods he likes, and avoid fancy flavorings and sauces. If he doesn't like a particular food, wait a few days before offering it again. If he still doesn't like it, remember there are some foods even grownups don't care for, and he should be allowed to have a few dislikes. Temporary dislikes are common at this age, and what he doesn't like this month he may like a month later.

Don't insist on a clean plate or an empty cup at every meal. Do help him finish eating when he is tired or not in the mood to feed himself.

There are many good sources of information about proper diets for young children. Some of these are your child's doctor, your Public Health Nurse, the Well-Baby Clinic, The Nutrition Department of the State Health Department, and your County Extension Service Office.

He begins to learn to dress and undress himself

The one-year-old's desire to try to dress and undress himself is part of his natural drive for independence. It may be a nuisance for those who take care of him, but for his own development it is good.

Give him the help he needs but try to allow enough time so he can help himself as much as he wants to. Select clothes for him that are easy to put on and take off.

The child at this age should not have to worry about staying clean or protecting his clothes from damage. His clothes should be sturdy and require minimum care.

Go slow with toilet training

Eighteen to 24 months is a good time for bowel training for most children.

A potty chair is easiest for most children to use at the beginning of their toilet training. If your child uses a child's toilet seat attached to the regular toilet seat, it is best to have one with a footrest. As soon as he is able to use it, do have a sturdy step in front of the toilet seat so he can learn to climb onto the seat by himself. Some children are frightened by the flushing of the toilet. It is best to take him off the toilet before flushing it. If he is frightened by the

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sight or sound, take him from the bathroom before flushing.

Start bowel training by taking him to the toilet regularly at the time he usually has his bowel movements–such as soon after breakfast. Take him in time so he can have his bowel movement in the toilet. Talk to him about this. Help him understand that this is what big boys–or girls–do. Let him know you are pleased each time he makes his movement in the toilet, but do not scold him or shame him when he has an accident.

Bladder training usually comes somewhat later than bowel training. Once he has learned to tell you that he wants to make a bowel movement, he usually becomes aware enough of a full bladder to tell you about that too. But he will very likely not stay dry regularly until he is 2 or 3 years or even older.

Keep in mind that your child wants to please you and wants to be like you and do the things that you do. He will do his best as long as you are patient and consistent in your behavior about toilet training.

He may have teething problems

The baby usually starts teething in his first year. His first molar teeth usually come through when he is about 18 months old, and may cause him some trouble. His appetite may go down and he may be cross. He may wake up crying several times in the night. If you give him a bottle to quiet him, try to stop this as soon as the teeth are through, so this night waking will not become a habit.

Chewing helps the child with his teething, so let him chew on what he wants as long as it isn't dangerous. If teething seems to be causing him real pain, ask your child's doctor for advice.

He may still suck his thumb

About half the children between the ages of one and two still suck their thumbs sometimes. Some children do not give up this habit until they are four or five. They are most apt to do it when they are tired, hungry, excited, or afraid.

Although thumbsucking in children above the age of 6 months is thought to be a means of comforting themselves, it does not necessarily mean the child is unhappy or poorly adjusted or lacks love. As long as the child seems happy and active and outgoing, don't worry about his thumbsucking. Never tease him about it and never try to force him to stop it. To do either may make him suck his thumb all the more.

But if he sucks his thumb a great deal of the time instead of playing, ask yourself if there is something you can do so he won't *need* to comfort himself so much. Is he bored? Does he have toys that interest him? Does he need playmates? Does he need more exercise? Is he too timid to take part in active play, so that he needs extra help and encouragement to try new things or to take part in activities with other children?

He doesn't always know when he is tired

By the time a child is a year old, he still needs about 12 hours sleep at night, and he is usually down to two naps a day. By the time he reaches 18 months, he usually gets down to one nap a day, but sometimes he will need two naps and sometimes he may not want any nap at all. Also, he may not want or need his nap at the same time each day. When he takes only one nap, right after lunch is usually the best time.

During this period in the child's development, it is necessary to see that he is not getting overtired and, at the same time, be flexible with his schedule. If he doesn't seem to want a morning nap but then seems to be getting tired later in the morning, give him an early lunch and put him to bed. The same applies in the afternoon. If he missed his afternoon nap and seems to be getting tired, give him an early supper followed by early bedtime.

Keep bedtime happy

Be cheerful and businesslike about putting the child to bed. He should not get the idea that going to bed is undesirable. This is why it is not wise to put him to bed as punishment.

There is no harm in letting him take soft toys to bed. By the time a child is nearing 2 years, he will enjoy a bedtime story, but don't start this unless you intend to keep it up. And avoid scary or especially exciting stories. Rough and tumble play just before bedtime should be avoided too.

Once the child is put to bed, try to keep him there. This doesn't mean that you don't get the extra drink of water, or let him get up to use the toilet, but then draw the line. Remind him that he has had a drink and he has been to the bathroom and say goodnight in a pleasant but firm way.

The child at this age may wake in the night. If this happens, try to find the reason for it. Maybe his pants are wet, or the room is too hot or too cool. He may be getting a tooth or coming down with an illness. Make him comfortable. Reassure him that he is

safe and you are near. It may be necessary to sit with him for a while if he is fearful or restless, but let him know you expect him to go back to sleep.

Taking a child into your bed can become a habit with the child and a nuisance to you.

He may still want a bottle

The baby who has been allowed to take his bottle to bed may still want it at bedtime until he is 1½ or 2 years. He may not want milk from a cup or glass, even though he will drink other liquids that way. If this is true of your child, don't make an issue of it. Put a little milk in a small cup or glass and set it on his tray or table each meal with the rest of his food. Gradually he will learn to drink milk in this way.

Try substituting a soft, cuddly toy for his bedtime bottle, but give him his bottle if he insists. Gradually he will learn to get along without it.

Keep in mind that 1 quart of milk a day is all the child should have. Thus, using a bottle as a pacifier every time the child cries, day or night, is not a good idea. Milk contains very little iron. The child who fills up on milk will not have the appetite for other foods he needs and may become anemic.

He begins to remember and plan

The child between the ages of one and two begins to have a sense of continuity and future. He gets the idea that if something disappears, it may come back. He begins to understand that something can exist even if it cannot be seen. As he approaches his second birthday, he will be starting to make little plans for himself and feel strongly about carrying them through.

He is learning to give as well as to get

During his second year, the child begins to understand social relations. He learns that when he follows his parents' suggestions he gets their approval in return.

The beginnings of independence

In his second year, the child also begins to assert himself. He has learned that *no* gets a response, even if he isn't always sure why this is, and he loves to say it. He learns to test his parents to see how far he can go. At the same time he begins to be afraid that

his parents' anger might mean the loss of their love, which he needs and wants, so he becomes frightened of his own rebelliousness. This conflict between his need for independence and his need for dependence in terms of his parents' love and approval will probably last until he is through his teenage years.

The beginnings of discipline

The child who does not begin to learn discipline at this age will have trouble in the years ahead. Discipline and punishment are *not* the same thing. The purpose of teaching discipline at this age is to help the child begin to learn to control himself out of consideration for others as well as for his own good.

The aim of any act of discipline on the part of a parent should be to help the child balance his need for freedom and self-expression and his need to assume increased responsibility for his own behavior. At this age, the child needs guidance and friendly direction. He needs you to set limits on his behavior. He has to learn his capacities and what is good for him and for others. He needs help and protection in situations that become too exciting or tempting for him to handle, and he must be protected from danger.

Try to lead your child positively. This means that you *expect* him to be good. You *do not expect* him to be bad. But you have to let him know *what* you expect of him, and then be firm about it. Then, when the child meets your expectations, express your approval. In this way, the child learns to enjoy behaving in a socially acceptable way.

Often you may be able to control his behavior before there is need for punishment. When you see he is going to do something wrong, prevent him from doing it by distracting his attention. Move him to another place and get him interested in another activity.

Avoid putting labels on your child's behavior. Don't call him *bad* or *stubborn.* To do so makes it harder for you to see the real causes of his behavior and harder for you to take a positive approach to controlling him and teaching him to control himself.

Keep in mind that it is love, not punishment, that keeps a child from acting bad. Your child loves you and needs and enjoys your love and approval. He wants to please you. In fact, he is so eager to do the right thing that he will sometimes clap his hands in joy over his own achievement! But at this age he doesn't always know what he should do and what he *shouldn't do.* It is your job to help him to learn.

Good discipline is also consistent. Once you let your child know you want him to do something or to stop doing something, be firm about it. It is not necessary or practical to try to give a child of this age a reason for everything you require of him.

Punishment should be regarded as a last resort, or an emergency measure when nothing else seems possible to achieve the results you want. For example, if he persists in doing something that places him in physical danger, it may seem to you that a little spanking is necessary. But if you find yourself spanking him often, your method of handling him needs to be changed. Never hit, shake or jerk a young child. And never (unless it is for his physical safety in an emergency) yank a child by the hand or arm. This can do permanent damage to his wrist, elbow, or shoulder joints. Try to keep the child happy and active and safe without punishment.

His sexual development

Keep in mind that your goal in your child's sexual development is for him to develop wholesome, positive attitudes about himself and his sexuality.

Sexual curiosity among young children is both normal and desirable and should be accepted as a natural part of development. It should never be met with action aimed at shaming or punishing the child.

It is not uncommon for the child at this age, and even younger, to explore and play with his genitals. This is entirely normal and is best ignored. At most, the child's attention may be diverted to some other activity. On the other hand, if a child seems to handle his genitals excessively, be sure there is no cause for irritation or discomfort. You may also wish to ask the child's doctor about this.

Remember your goals

Next to his physical health, what you want most for your child at this age is for him to develop a sense of independence and a vigorous curiosity which will lead him to want to learn more and more about the world and the people and things in it. You also want him to grow up to be a person who has a sound sense of self-respect and who is capable of warm, happy relationships with others.

To accomplish these goals, give your child a lot of love, a lot of freedom, and just the amount of guidance he needs to learn self-control and to keep him from harm. Above all, enjoy your child, and let him know that you do!

NOW IS THE TIME TO ACCIDENT-PROOF YOUR HOME

This is the time to make your small child's world safe for him to live in and explore. This means you must "accident-proof" your home and its surroundings as thoroughly as you can, regardless of the inconvenience. Put all medicines, household cleaners and poisons completely out of reach of anyone but an adult. This includes such items as aspirin, cough syrup, and other medicines and drugs of all kinds; all laundry products, cleaning powders, detergents, starches, and soaps, lye, cleaners for drains, toilets, and ovens; insect and rat poisons, weedkillers, plant sprays; floor cleaners and waxes, furniture and auto polish; lighter fluid, kerosene, gasoline, benzene, anti-freeze; and cleaning compounds of all kinds including shoe polishes and cleaners and waxes. Such items as tooth powders and pastes, shampoos, home permanent solutions, hair dyes, tonics, and sprays, and other beauty preparations and cosmetics should also be placed out of reach.

And be careful in the disposal of containers of all of these items. Be sure containers are completely empty before they are discarded, and then rinse them to be sure. *Never* store any of the above items in a container which ordinarily holds something else—for example, plant spray or laundry starch in a soft drink bottle, or oven cleaner in a cup. Such practices cause many serious accidents.

Inspect your electric cords and discard any that are not in first-class condition. Cover unused wall outlets with plugs made so that a child cannot poke anything into the outlets. There are plug locks which can be installed to keep wall outlets from being pulled, and there are wall outlets in which the openings close automatically when a plug is pulled out. Such items are good investments where there are young children. Do not leave lamps plugged in without bulbs in them. Use gates in front of steps and stairs. Use guards on upstairs windows. Even downstairs windows should be protected in such a way that a small child cannot fall out.

Keep sewing equipment where a small child can't get at it. This includes needles, pins, scissors, knitting needles and crochet hooks.

If you have venetian blinds, cut open the loop at the end of the cords with which you raise and lower the blinds. This will prevent the child getting his head caught in the cord.

Keep matches where they cannot be reached even by climbing. Never have loaded firearms or ammunition anywhere at all where a child can get at it. Place broken glass, opened cans, both new and used razor blades and all sharp household instruments out of reach. Other things that should be kept out of reach are all kinds of tools and power tools. Keep small children well away from all power equipment when it is in use.

Be especially cautious with water. Keep wells, pools, tanks and cisterns firmly covered. Be careful with hot liquids of all kinds. Always turn the handles of pots and saucepans away from the front of the stove. Place hot items in the center of the table, not near the edge. Never leave a pail or kettle of hot water on the floor. Watch to see that electric coffee pots and saucepans cannot be upset by pulling the cord. Keep *all* electric appliances well away from the bathtub or other place where the child is bathed. *Never* leave a small child in water—either in the house or outside—unattended. Even shallow pools, such as inflated plastic play pools, can be dangerous. When at the beach or lake or around a swimming pool, a child should wear a life jacket until he can swim at least 100 feet. Life jackets should always be worn when in boats. Even when he is wearing a life jacket, the child should not be left unattended.

Never leave a young child alone where there is a lighted stove, a burning fireplace or grill or hibachi, a luau light, a lighted candle, or a lamp using oil or gas.

Be extremely cautious when turning into and driving or backing out of driveways.

Keep young children away from poisonous plants.

A low table and chair are safer than a high chair for a small child. If you use a high chair for him, it should have a broad base so it won't easily tip over, a latch to keep him from raising the tray, and a safety strap to hold him in.

And use special precautions when you take the small child on outings. A carriage or stroller should have a harness for a child who is at the climbing stage. Use a safety harness or seat belt for a child in a car on even short trips. Many serious accidents are caused by letting young children sit or stand on car seats without this protection. *Never* leave a young child alone in a house, in a parked carriage or stroller, or in a parked car. Keep young children away from strange animals.

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